
PHILLY CHEEZE “STEAK” SANDWICH

This recipe is a vegetarian take on those infamous Philly cheesesteaks I used to eat when I attended medical school at Temple University in Philadelphia. Mushrooms are an excellent meat substitute and can be grilled, baked, roasted, or sauteed.

Makes 2 sandwiches.

INGREDIENTS:

- 2-3 large Portobello mushroom caps, gills removed, sliced into strips about ½ inch thick
- 4-6 slices of provolone or mozzarella cheese
- 1 large onion, cut into strips
- 1 red or green bell pepper (red peppers add a hint of sweetness), cut into strips
- 6-8 garlic cloves, minced
- ½ teaspoon dried oregano
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- kosher salt, generous pinch
- Black pepper, freshly ground, 2-3 grinds with a mill
- Extra virgin olive oil, approximately 2-3 tablespoons
- 2 6 inch hoagie rolls (or Kaiser rolls if making a panini). Any kind of crusty-type bread should do. Softer rolls do not hold up well and become soggy.



DIRECTIONS:

- Using a cast-iron skillet or non-stick pan, swirl EVOO around the bottom 2-3 times, enough to coat the bottom. Warm over medium heat.
- Saute mushrooms, onions, and peppers in olive oil for 4-7 minutes to desired consistency (I like mine not too firm but too soft either).
- Season with S&P and herbs.
- Add garlic and cook for 1 minute, until garlic becomes fragrant.
- Add cheese slices and heat until cheese is melted.
- Meanwhile, toast hoagie rolls in a separate skillet. This can be done by placing them face down in the skillet for just a few minutes, checking frequently to make sure they are not getting too brown or crispy.
- Lift mushroom and cheese mix out of the skillet with a spatula and add to roll and enjoy!

NOTES:

- May substitute 1.5 tsp of Herbes de Provence instead of using oregano, thyme, and rosemary individually.
- Make this vegan by using vegan cheese.
- Another option to melt the cheese is to layer it over the warm mushroom mix, place everything in the hoagie roll, and then wrap the sandwich in foil for a few minutes to melt the cheese. When you unwrap you get ooey-gooey goodness! This is a great way to reheat in a toaster oven as well. I would not recommend microwaving these.
- Use a panini press or grill pan to get those beautiful grill marks on your hoagie bread.
- If using a grill pan or stovetop grill to make this sandwich, place a pot lid on top of the sandwich to trap the heat and make the cheese melt faster.